

SENIOR POST

NOVEMBER 2019

NEWSLETTER

VOLUME 25 ISSUE 11



SENIOR POST
NEWSLETTER
City of Lawndale
14700 Burin Ave.
Lawndale, CA 90260

THANKSGIVING LUNCHEON

Come join us for our Luncheon with food and entertainment by CLARENCE ULRICH!



NOVEMBER 25, 2019

Doors open at
10:30 AM
MAIN EVENT ROOM



SUGGESTED DONATION:
\$2.25 FOR SENIORS AND AREA AGENCY ON AGING MEMBERS
COST : \$4.00 FOR NON-SENIORS AND GUESTS

COMMUNITY CENTER CLOSED

Monday, November 11, 2019
Thursday, November 28, 2019
In observance of Thanksgiving.
Senior Lunch & Activities are closed
On Friday, November 29, 2019



SENIOR MOVIE DAY

Friday, November 15, 2019
“The Best Exotic Marigold Hotel”
Main Event Room
1:15 PM -3:30 PM

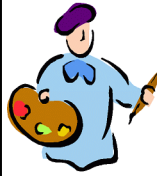
TEA PARTY

Tuesday, November 12th 2019
“Fall Treats & Tea”
Main Event Room
2:00pm-3pm



MONTHLY EVENTS

SENIOR SCRAP BOOKING, KNITTING & ART



Become a part of our friendly group and participate in painting, scrap booking, or knitting. Most supplies are provided for seniors who join. This is a work on your own class while enjoying the company of others.

FREE:
MON., November 4th & 18th
(1:30-3:30)
MEETING ROOM 1



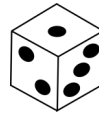
BUNCO

ATTENTION SENIORS:

Come and join us for an exciting game of Bunco! If you are new to the game come and learn.

ONLY ONE PRIZE PER PARTICIPANT.

FREE: MON., NOV.. 11th & 25th
(1:30 - 3:30 PM)
COMMUNITY CENTER,
MEETING ROOM 1
REGISTRATION
REQUIRED



SENIOR BIRTHDAY PIZZA PARTY

If you are having a birthday, we would love to celebrate with you. Join us for lunch, which includes pizza, cake, fruit, salad, and a drink. Please register at least 24-hours in advance.



Thursday, November 21st (12 NOON)
COST: \$3.00
COMMUNITY CENTER, MAIN EVENT ROOM

REGISTRATION INFORMATION

Monthly Activity Sign-Ups:

Walk in registration 7 AM
****Call in registration 10 AM**

Residents Only

Monday, November 4th
Tuesday, November 5th

Non-Residents

Wednesday, November 6th



Phone-in Registration
 (310) 973-3270
10 AM - 7:30 PM



In-Person Registration
 Lawndale Community Center
 14700 Burin Ave.
 Lawndale, CA 90260

Contact Information

City Hall

14717 Burin Ave.
 Lawndale, CA 90260
 (310) 973-3200

Harold E. Hofmann

Lawndale Community Center
 14700 Burin Ave.
 Lawndale, CA 90260
 (310) 973-3270



City Parks

Rogers/ Anderson Park 4161 W. Manhattan Beach Blvd.
 Lawndale, CA 90260 (310) 970-2189

Jane Addams Park 15114 Firmona Ave.
 Lawndale, CA 90260 (310) 970-2188

Hopper Park 4418 W. 162nd St.
 Lawndale, CA 90260

William Green Park 4558 W. 168th St.
 Lawndale, CA 90260 (310) 371-6930

Rudolph Park 14725 Larch Ave.
 Lawndale, CA 90260

Hogan Park 4045 W. 167th St.
 Lawndale, CA 90260



City Facilities

Bollinger Memorial Gymnasium
 4040 W. 154th St.
 Lawndale, CA 90260

Hogan Park
 4045 W. 167th St.
 Lawndale, CA 90260

Dan McKenzie Gardens
 4324 W. 160th ST
 Lawndale, CA 90260



ASSISTANCE CORNER

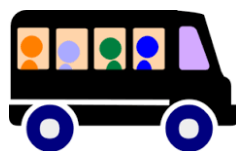
Case Management and Social Service Referrals

Along with the City of Gardena, we provide assistance in transportation, meals, house cleaning, form completion, health benefits, counseling or housing. First come, first served. Please call for an appointment.



CASE MANAGEMENT

For ages 60 and over.
Thursdays (11 AM - 1 PM)
Please call for an appointment
(310) 973-3270



Meals on Wheels

For senior residents of Lawndale who are unable to prepare their own meals due to a disability or health issue. The program is offered in conjunction with the Salvation Army and meals are delivered to their home.

FOR AGES 60 YEARS & OVER

Monday through Friday.
 For more information,
 please call:
(310) 973-3270
COST: \$4.50 per meal



Commodities Program

USDA approved food is given out to those who qualify. Guideline sheets are available at the time of pick-up. Commodities are distributed on a first-come, first-served basis. *Please arrive early, food often goes quickly.*

You must bring your own reusable bags to pick up goods.

Wednesdays (10 AM - 11 AM)
COMMUNITY CENTER, MAIN EVENT ROOM

*** This institution is an equal opportunity provider.**



Special Transit

We have a Special Transit Bus for Lawndale senior residents who need transportation for medical and dental appointments, shopping, banking, etc. Our driver has restricted boundaries to stay within at all times.

Please call in advance to confirm your destination.

MON. - FRI. (8 AM - 4 PM)

Ages 60 and over only, 48 hrs. in advance notice required!

Reshonda Everage (310) 973-3287



ACTIVITIES

SPECIAL SENIOR LUNCHEON

As part of the Senior Lunch Program, the City of Lawndale Community Services Department hosts a monthly Special Luncheon. These events are celebrated with a specific theme and entertainment is provided for your enjoyment.

Don't forget to sign up for these events.
 Pre-registration is required. Please register at the Community Center front desk.
Must be 60 years or older to participate.



THANKSGIVING LUNCHEON

NOVEMBER 25, 2019

11 - 1 PM

MAIN EVENT ROOM



COMPUTER ROOM

Our computer room is open to all seniors. Please follow posted rules regarding computer use.

Ear phones are required while viewing websites with music or speaking.

MON.-THURS. (8 AM - 7 PM)

FRI. (8 AM - 3 PM)

SAT. (10 AM - 1 PM)

**COMMUNITY CENTER
 COMPUTER LAB**



GAME ROOM

Available for open play are Ping Pong, Chess, Checkers & Foosball.

FREE TUESDAYS (8 AM - 3:30 PM)

THURSDAYS (8 AM - 1PM)

MEETING ROOM 1



**COME PLAY
 CHESS, CHECKERS &
 SCRABBLE CLUB!**
**Only during Game
 Room hours**

**WARNING: GAME
 ROOM HOURS ARE
 SUBJECT TO CHANGE
 DUE TO THE NEEDS
 OF THE
 COMMUNITY
 CENTER**

SENIOR CITIZEN ADVISORY COMMITTEE

Come and see what ideas and topics the Senior Citizen Advisory Committee is discussing.

**Interested in joining ?
 Pick up application at City Hall**

Fourth WEDNESDAY of every month (2 PM)

**COMMUNITY CENTER
 CONFERENCE ROOM**



Calling All Seniors!



ENGLISH CLASS

Learn basic English curriculum, including grammar, vocabulary, listening and speaking.



**FREE: FRIDAYS
 (10:45 AM - 11:45 AM)
 COMMUNITY CENTER
 MEETING ROOM 2**

FITNESS CENTER

BEGINNING TAI CHI
 This ancient Chinese martial art can improve strength and balance. This class is a form of Tai Chi that can help build strong knees, ankles, and improve flexibility.
With Marc
FREE
TUESDAYS
(9:30am- 10:30AM)
DANCE ROOM

INTERMEDIATE TAI CHI
 This ancient Chinese martial art can improve strength and balance. This class is a form of Tai Chi that can help build strong knees, ankles, and improve flexibility.
With Marc
FREE
WEDNESDAYS
(7:30am- 8:30AM)
DANCE ROOM
NEW CLASS*****

BREATHING WELLNESS & FALL PREVENTION
 Come join a relaxation class for seniors where you can practice breathing, and fall prevention
With Harlika
FREE
TUESDAYS
(10:30 AM - 11 AM)
COMMUNITY CENTER, MEETING ROOM

ZUMBA GOLD
 An exciting fitness class that is modified for seniors of all exercise levels!
With Sunny
Free
MON., 8:00AM-9:00AM
FRI., (9:00 - 10:00 AM)
MAIN EVENT ROOM

All Class Participants
 Must fill out a waiver and registration form.

 Please come to the 2nd floor office for more information or for forms.

Senior Toning and Fitness class
 A fitness class modified exercises including the use of balls, bands and light weights.
With Layne
FREE
TUES. (7:30- 8:30AM)
MAIN EVENT ROOM


YOGA
 Reduce stress and work on your flexibility. Enjoy this class with modified movements for all levels
With Amalea
FREE
THURSDAYS
(9:00am-10:00am)
DANCE ROOM

YOGA
 Work on your flexibility and relaxation as you stretch your muscles And practice strength and posture.
With Amalea
FREE
WEDNESDAYS
(9:00 AM - 10:00 AM)
DANCE ROOM

YOGA
 This class incorporates yoga, stretch and different movements that emphasize balance, strength, and mobility (range of motion or flexibility).
With Sunny
FREE
MONDAYS
(9:00 AM - 10:00 AM)
DANCE ROOM

 Come and enjoy a

SMALL BUS EXCURSIONS

BEACH WALK-Redondo Beach
 Enjoy a day at the beach, exercise, relax or get a snack.

THURS., NOV. 7th (11:00am)

PLEASE NOTE:
 Times are subject to change due to driver's schedule.

Transit bus will not be able to pick up seniors for the trip. All seniors must meet at the Community Center.

Santa Monica Third Street Promenade & Pier
 Come and enjoy a day outdoors in Santa Monica. Enjoy the outdoor mall or Pier.

Thurs. Nov. 14th (10:00am)

SMALL BUS EXCURSION PARTICIPANTS:
It is very important that you arrive on time to the Community Center second floor lobby for all trips. New waiver forms are required every July.

If you need to cancel a reservation, please call the front office 24 HOURS IN ADVANCE (310) 973-3270

NUTRITION PROGRAM

SENIOR DAILY NUTRITION PROGRAM
 Monday through Friday Lawndale Senior Services offers a nutritious lunch program for seniors. All meals meet the minimum dietary requirements. Enjoy a meal which contains all five food groups and even dessert! Milk also included. All lunches are served in the Community Center Main Event Room promptly at noon.
FOR AGES 60 and OVER.
 Pre-registration is required.
Seniors must call the Front desk or sign up at the Main Event Room desk the day before to receive a meal.
\$2.25 Suggested Donation (Senior)
\$4.00 Non-Senior Cost
MON. - FRI. (NOON)
COMMUNITY CENTER
MAIN EVENT ROOM
(310) 973-3278



TELECARE PROGRAM
 Telecare is a program offered to Lawndale residents. This is a telephone reassurance program for seniors 55 years of age and older. This calling service provides telephone contact to check on the safety and well-being of senior citizens living alone. For more information and an application, please visit the Lawndale Community Center.

FREE
MON. - THURS. (8:30 AM - 1:00 AM)
(310) 973-3270

